

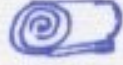





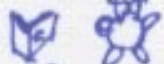





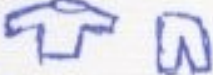


# BACKPACKING PREPARATION SHEET:



## CAMPING:

- TENT 
- SLEEPING BAG 
- CAMPING MAT 
- STOVE 
- PANS 
- SPOON / BOWL / MUG 
- WATER BOTTLES 
- FILTER / IODINE 
- FRIEND / BOOK 
- POOH BAG 
- SUNSCREEN / BUG DOPE 
- TOILET BAG

## CLOTHES:

- WARM LAYER 
- RAIN JACKET & PANTS 
- SPARE SKIN LAYER 
- SPARE SOCKS 
- CAMP SHOES 
- HAT & GLOVES 

## WEAR:



## FOOD:

BREAKFAST: #  
MENU / WHAT

LUNCH: #  
MENU / WHAT

DINNER: #  
MENU / WHAT

SNACKS & DRINKS: #  
WHAT

## ACTIVITIES:



### CLIMBING:

- ROPE 
- HARNESS 
- HELMET 

### FISHING:

- POLE 
- FLIES / BAIT 
- ALUMINUM FISH 
- SEASONING 
- KNIFE 

### WATCHING:

- CAMERA 
- BINOCULARS 
- GUIDE BOOK 